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ABSTRACT

This resource guide for the early childhood professional contains creative art activities, active learning experiences, interactive bulletin boards, teacher-made materials, simple cooking projects, inviting fingerplays, songs, and music. The activities are planned to stimulate children's curiosity and senses. Through experiencing these activities, children can develop an understanding of: why people need food; the different kinds of food and where they come from; and the different kinds of families and the activities they share. Following an introduction, the activities of the guide are arranged in the following 13 sections: (1) art activities (includes recipes for play dough and clay); (2) books (list of books relating to topics in package--author, title, ISBN number, publisher/date, and recommended age level); (3) bulletin boards; (4) chants, songs, and games; (5) cooking activities; (6) drama and movement activities; (7) dramatic play; (8) field trips/resource people; (9) finger plays; (10) math activities; (11) science activities; (12) sensory activities; and (13) teacher-made materials. (TJQ)

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Foods Families

Learning Package

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General Mills, Inc.

Dear Early Childhood Professional,

The philosophy of General Mills reaches beyond offering high-quality products to its consumers. Our vision is to have a significant and positive impact on our nation's communities. It is the commitment of General Mills to focus on specific projects where our efforts will make a difference. And we can think of no better place to begin than with the future leaders of our nation, the children!

For more than a year, the Nutrition Department of General Mills investigated ways to provide useful information and support tools to child care professionals. We searched for innovative ways to teach and share this information with educators and parents of young children. General Mills was delighted to join forces with *Early Childhood News* magazine, an outstanding publication, and Dr. Judy Herr, a renowned child care expert and visionary, to develop the *Foods & Families* program.

The *Foods & Families* program consists of:

Learning Package This 24-page teacher resource guide has been written exclusively for you, the early childhood professional. It is packed with exciting and fresh ideas for planning early childhood curriculum.

Parent Newsletters Five colorful parent newsletters, filled with practical bits of information and expert advice, come to you ready for distribution to parents.

Innovative Awards Program This is an opportunity for you to win valuable General Mills products, to be recognized with an award plaque, and to be featured in *Early Childhood News*.

On behalf of General Mills, its Big G Cereal Division and Cheerios, we are proud to be a part of *Early Childhood News Foods & Families*. We believe this program provides important guidance to those who care for the most valuable resource of society – our children. We feel *Early Childhood News* has captured the fun and excitement that childhood experiences can provide in this excellent program.

Sincerely,

General Mills Nutrition Department

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A Chef
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Eat Up, Gemma
Sofie's Role
Nana's Birthday Party
Katie Morag and the Two Grandmothers
Birthday for Francis
Bread and Jam for Francis
The Doorbell Rang
One of Three
Mama, Do You Love Me?
Is Anybody Up?
Pretend Soup and Other Real Recipes:
A Cookbook for Preschoolers and Up
Maxine in the Middle
Happy Father's Day
Happy Mother's Day
How My Family Lives in America
Who's Who in My Family
I Go With My Family to Grandma's
Family Pictures/Cuadros de familia
Eating Fractions
Growing Colors
A Family in Mexico
Bread Bread Bread
Abuelita's Paradise
If You Give a Mouse a Cookie
Daddy Has a Pair of Striped Shorts
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Con Mi Hermano/With My Brother
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What Happens to a Hamburger
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Introduction

The **Foods and Families Learning Package** has been designed as a resource guide for the early childhood professional. Creative art activities, active learning experiences, interactive bulletin boards, teacher-made materials, simple cooking projects, inviting fingerplays, songs, and music are all included. The activities are planned to stimulate the children's curiosity and senses: seeing, hearing, feeling, tasting, and smelling.

Through experiencing the activities provided in this resource guide, children may develop the following conceptual understandings:

1. We eat food to grow, to be healthy, and to have energy.

2. Plants and animals are food sources.

3. There are six food groups:
   breads, cereals, and pasta
   vegetables
   fruits
   milk, yogurt, and cheese
   meat, poultry, fish, dried beans, and nuts
   fats, oils, and sweets.

4. Foods have different colors, sizes, flavors, textures, shapes, smells, and sounds.

5. Foods can be prepared and cooked in many ways.

6. A group of people who live together is called a family.

7. There are many forms of families: two-parent, single-parent, blended, and extended.

8. Family members may include mothers, fathers, brothers, sisters, grandmothers, grandfathers, grandchildren, aunts, uncles, cousins, nephews, nieces, stepparents, and stepsiblings.

9. Family members' activities include cooking, eating, working, and playing together.

10. Happy families learn to listen, help, care for, love, share with, teach, and respect each other.

11. Families may celebrate special traditions, birthdays, and holidays together.

Art Activities

PLEASE NOTE: You may choose to avoid using edible foods for art experiences if such usage is an unacceptable practice.

1. Cookie Cutter Playdough

Combine and boil until salt is dissolved:
- 2 cups water
- 1/2 cup salt
- Food color or tempera paint

Mix in while very hot:
- 2 tablespoons vegetable oil
- 2 tablespoons alum
- 2 cups all-purpose flour

Knead about five minutes or until smooth. Store in covered airtight container and dough will keep for weeks. Provide rolling pins, cookie cutters, or cookie stamps. Provide a shaker of flour to put on the working surface to reduce sticking.

Variation: Make scented playdough by adding oil of peppermint, cinnamon, lemon, wintergreen, or cloves to the dough.

2. Color Mixing

- 1/3 cup sugar
- 1 cup cornstarch
- 4 cups cold water
- Food color

Combine all ingredients in pan and heat until mixture begins to thicken, stirring constantly. Cool. Divide mixture into three equal containers and add a different food color to each. Place 3 tablespoons of each color into transparent plastic self-sealing bag. Instruct children to mix colors together and observe color changes.

3. Cloud Dough

- 3 cups all-purpose flour
- 1 cup oil
- oil of peppermint
- Food color, if desired

Mix all ingredients. Add enough water, approximately 1/2 cup, to make the dough easy to work. Store in covered container.

4. Finger Dough

- 1-1/4 cups Bisquick® baking mix
- 1/4 cup salt
- 1 teaspoon cream of tartar
- 1 cup water
- 1 teaspoon food color

Combine baking mix, salt, and cream of tartar in a microwavable 4-cup glass measuring cup. Mix the water and food color in a glass measuring cup. Stir the liquid mixture into the dry mixture, a little at a time, until all the liquid is added. Microwave uncovered on High (100%) 1 minute. Scrape mixture from the side of the cup and stir. Microwave uncovered on High (100%) 2 to 3 minutes longer, stirring every minute, until mixture forms sort of a ball. Let dough stand uncovered about 3 minutes. Knead about 1 minute or until smooth. If dough is sticky, add 1 to 2 tablespoons of baking mix. Cool about 15 minutes. Use to make favorite shapes and designs. Store in a tightly covered container.

Hints: This bold-colored dough is fun to play with but not to be eaten. For pastel-colored dough, use less food color. To knead means to curve your fingers and fold the dough toward you, then push it away with the heels of your hands, using a quick rocking motion.

5. Silly Dough

- 4 cups white liquid school glue
- 2 cups liquid starch
- Food color

Pour liquid glue over starch. Add food color and stir. If mixture does not gel, gradually add more liquid starch and stir.

6. Baker's Clay

- 4 cups all-purpose flour
- 1 cup salt
- 1-1/2 cups water

Mix all ingredients. Knead, and form into shapes such as fruits and vegetables. Bake on cookie sheet at 350° for approximately 1 hour. Paint when cool.

7. Collage

On the art table, place paper and glue and one or more of the following:

- seeds and grains
- pictures of family members
- pictures of fruits and vegetables
- corn husks, dried corn, corn silk
- noodles/pasta
- colored salt
- spices
  (i.e., cloves, bits of cinnamon sticks, etc.)
- dried orange, lemon, lime, and grapefruit peel
- peanut shells (after making peanut butter!)
- egg shells, plain or colored
- pictures of favorite breakfast foods
  (i.e., juices, cereals, yogurt, muffins, etc.)

For added interest, use paper plates, various shapes of paper, and styrofoam meat/bakery trays as the base.

8. Yogurt Cup Prints

Collect and thoroughly wash yogurt cups. Provide a tray of thick tempera paint and construction paper. Designs can be created by dipping the inverted cups into tempera paint and pressing them onto the paper.

9. Printing and Stamping

On the art table, place shallow containers of tempera paint, paper, and one or more of the following items:

- sponges cut into fruit or vegetable shapes
- potatoes cut into shapes:
  circle, triangle, square, and rectangle
- citrus fruits cut in half
  (they smell so good, too!)
- apples cut in half in different directions
- cookie cutters
- cookie stamps
- egg cartons
- berry baskets

10. Painting

Provide paper, paint and one of the following "tools" to paint with:

- carrot tops
- beet tops
- celery leaves
- orange peels
- poultry feathers
- kitchen utensils
- potato mashers
- vegetable brushes
- forks, knives, spoons
- corn cobs
- corn husks
- squeeze-type bottles

11. Leaf Rubbings

On the art table, place thin paper, crayons with paper sleeves removed, and leaves (celery leaves, spinach leaves, beet tops, carrot tops, tomato leaves, etc.). Child places paper over leaf and gently rubs over the leaf with the side of a crayon.

12. Easel Painting

Use empty yogurt containers to hold tempera paint at the easel. Add oil of wintergreen, lemon, peppermint, clove, etc. to the paint to further stimulate the senses of your budding artists.

13. Healthy Meals

Cut food pictures from magazines and newspapers. Provide glue and paper plates. Encourage the children to select foods to make a healthy snack, breakfast, or lunch. Pictures can also be used to make a food scrap book, food charts, and food mobiles.

14. Edible Necklace

Provide each child with a 14-16 inch piece of string and a bowl of cereal, such as Cheerios®, that could be strung. Tie a piece of cereal at the end of the string. Encourage each child to create a necklace. If more than one choice of cereal is provided, the children can be encouraged to create patterns.

15. Flower Centerpiece

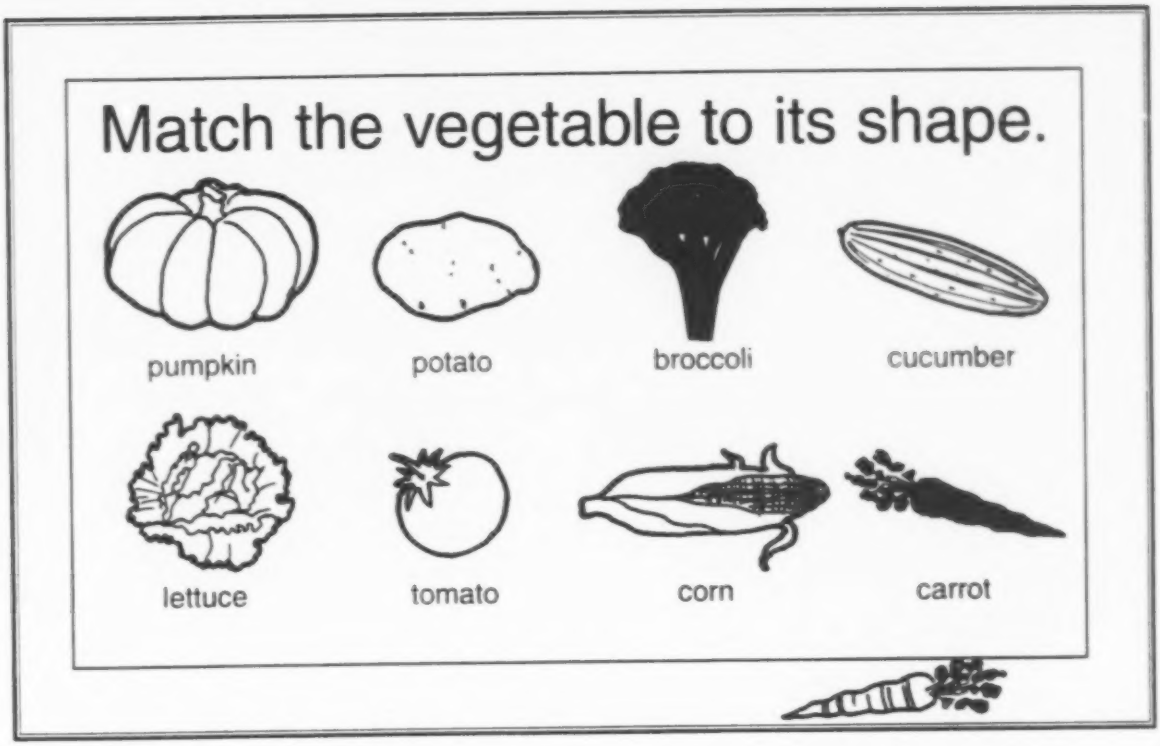
Cut the sections of paper egg cartons to make individual cups. Poke a hole in the center of each cup. Encourage the children to paint the individual cups. Add pipe cleaner stems and construction paper leaves. Place the flowers in a vase, decorated can, or flower pot.

Books

The following books, selected by a children's librarian, are related to topics in Foods & Families. Many are award-winning books and some are written in Spanish.

Author	Title	ISBN#	Publisher Date	Recommended Age Level
Ackerman, Karen	**Song and Dance Man**	ISBN 0-394-89330-1 Caldecott Medal	Knopf, 1988	(PS-2)
Barrett, Judi	**Cloudy with a Chance of Meatballs**	0-689-30647-4	Macmillan Child Group, 1978	(PS-3)
Beck, Jennifer	**The Choosing Day**		Hutchingson/David & Charles, 1989	
	Birthday Rhymes, Special Times Selected by Bobbye S. Goldstein	ISBN 0-385-30419-6	Doubleday Books for Young Readers, 1993	(PS-3)
Brown, Laurene	**Dinosaurs Divorce: A Guide for Changing Families**	ISBN 0-316-11248-8	Little, 1988	(PS-3)
Brown, Marcia	**Stone Soup**	ISBN 0-684-92296-7 Caldecott award honor book	Scribner, 1947	(PS-4)
Brown, Tricia	**Hello Amigos!**	ISBN 0-8050-0090-9	Henry Holt, 1986	(PS-2)
Buckley, Helen E.	**Grandfather and I**	ISBN 0-688-12533-6	Lothrop, 1994	(K-3)
	Grandmother and I	ISBN 0-688-12532-8	Lothrop, 1994	(K-3)
Bunting, Eve	**The Mother's Day Mice**	ISBN 0-89919-387-0	Clarion, 1986	(PS-3)
	A Perfect Father's Day	ISBN 0-395-52590-X	Clarion, 1991	(PS-3)
Carle, Eric	**My Very First Book of Food**	ISBN 0-694-00130-9	Crowell, 1986	(PS-K)
	Pancakes, Pancakes	ISBN 0-88708-120-7	Picture Book Studio, 1991	(K+)
Christelow, Eileen	**Don't Wake Up Mama!**	ISBN 0-395- 60176-2	Clarion Books, 1992	(PS-3)
Cooper, Melrose	**I Got a Family**	ISBN 0-8050-1965-0	Henry Holt, 1993	(PS-2)
Cowen-Fletcher, Jane	**Mama Zooms**	ISBN 0-590-45774-8	Scholastic, 1993	(PS-3)
Cowley, Joy	**I Love My Family**		Wright Group, 1993. Big Book	
Daly, Niki	**Not So Fast, Songololo** [South Africa]	ISBN 0-689-50367-9	Macmillan, 1986	(PS-3)
Degen, Bruce	**Jamberry**	ISBN 0-06-021417-1	HarperCollins, 1983	(PS-3)
De Paola, Tomie	**Pancakes for Breakfast**	ISBN 0-15-259455-8	Harcourt, 1978	(PS-2)
	Popcorn Book	ISBN 0-8234-0314-9	Holiday, 1978	(PS-3)
Dorros, Arthur	**Abuela** [English/Spanish]	ISBN 0-525-44750-4 Caldecott	Dutton, 1991	(Ages 4-7)
Ehlert, Lois	**Eating the Alphabet: Fruits and Vegetables from A to Z**	ISBN 0-15-224435-2	Harcourt, 1989	(4-6 yrs)
	Growing Vegetable Soup	ISBN 0-15-232575-1	Harcourt, 1987	(PS-3)
Florian, Douglas	**A Chef**	ISBN 0-688-11109-2	Greenwillow Books, 1992	(PS-3)
Friedman, Ina R.	**How My Parents Learned to Eat**	ISBN 0- 395-35379-3	Houghton Mifflin, 1984	(PS-3)
Gray, Nigel	**A Balloon for Grandad**	ISBN 0-531-08355-1	Orchard, 1988	(Ages 4-7)
Greenfield, Eloise	**Daddy and I**	ISBN 0-86316-2061	Black Butterfly Children's Books, 1991	(Ages 1-3)
Griffith, Helen	**Grandaddy and Janetta**	ISBN 0-688-11227- 7	Greenwillow, 1993	(Ages 4-8)
	Georgia Music	ISBN 0-688-06072- 2	Greenwillow, 1986	(K-3)
Gross, Ruth	**What's on My Plate?**	ISBN 0-02-737000-3	Macmillan, 1990	(PS)
Hayes, Sarah	**Eat Up, Gemma**	ISBN 0-688-08149-5	Lothrop, 1988	(4-7 years)
Heath, Amy	**Sofie's Role**	ISBN 0-02-743505-9	Four Winds Press, 1992	(PS-2)
Hest, Amy	**Nana's Birthday Party**	ISBN 0-688-07498-7	Morrow, 1993	(Ages 4-8)
Hedderwick, Mairi	**Katie Morag and the Two Grandmothers**	ISBN 0-316-35400-7	Little, 1986	(K-3)

Author	Title	ISBN#	Publisher Date	Recommended Age Level
Hoban, Russell	**Birthday for Francis**	ISBN 0-06- 022339-1	HarperCollins, 1968	(K)
	Bread and Jam for Francis	ISBN 0- 06-022360-X	HarperCollins, 1965	(PS-3)
Hutchins, Pat	**The Doorbell Rang**	ISBN 0-688-05252- 5	Greenwillow, 1986	(PS-3)
Johnson, Angela	**One of Three**	ISBN 0-531-05955-3	Orchard Books, 1991	(Ages 2-5)
Joosse, Barbara M.	**Mama, Do You Love Me?**	ISBN 0- 87701-759-X	Chronicle Books, 1991	(PS-1)
Kandoian, Ellen	**Is Anybody Up?**	ISBN 0-399-21749-5	Putnam, 1989	(P-K)
Katzen, Mollie	**Pretend Soup and Other Real Recipes: A Cookbook for Preschoolers and Up**	ISBN 1-883672-06-6	Tricycle Press, 1993	(PS+)
Keller, Holly	**Maxine in the Middle**	ISBN 0-688- 08151-7	Greenwillow Books, 1989	(PS-K)
Kroll, Steven	**Happy Father's Day**	ISBN 0-8234-0671-7	Holiday House, 1988	(PS-3)
	Happy Mother's Day	ISBN 0-8234- 0504-4	Holiday House, 1985	(PS-3)
Kuklin, Susan	**How My Family Lives in America**	ISBN 0-02- 751239-8	Bradbury, 1992	(Ages 4-7)
Leedy, Loreen	**Who's Who in My Family**	ISBN 0-8234- 1151-6	Holiday House, 1995	
Levinson, Riki	**I Go With My Family to Grandma's**	ISBN 0-525- 44261-8	Dutton, 1986	(PS-3)
Lomas Garza, Carmen and Harriet Rohmer	**Family Pictures/Cuadros de familia** [English/Spanish]	ISBN 0-89239-050-6	Children's Book Press 1990	(PS-3)
McMillan, Bruce	**Eating Fractions**	ISBN 0-590-43770-4	Scholastic, 1991	(PS-3)
	Growing Colors	ISBN 0-688-07845-1	Lothrop, 1988	(1-3yrs)
Moran, Tom	**A Family in Mexico**	ISBN 0-8225-1677-2	Lerner, 1987	(PS-3)
Morris, Ann	**Bread Bread Bread**	ISBN 0- 688-06335-7	Lothrop, Lee & Shepard Books, 1989	(PS)
Nodar, Carmen	**Abuelita's Paradise**	ISBN 0-8075- 0129-8	Albert Whitman, 1992	(Ages 4-7)
Numeroff, Laura	**If You Give a Mouse a Cookie**	ISBN 0- 06-024587-5	HarperCollins, 1985	(PS-2)
Otey, Mimi	**Daddy Has a Pair of Striped Shorts**	ISBN 0-374-31675-9	Farrar, Straus & Giroux, 1990	(P-K)
Oxenbury, Helen	**Family**	ISBN 0-671-42110-7	Simon & Schuster, 1981	(PS-K)
Pellegrini, Nina	**Families Are Different**	ISBN 0-8234- 0887-6	Holiday House, 1991	(PS-3)
Ricklen, Neil	**My Family: Mi Familia** [English/Spanish]	ISBN 0-689-71771-7	Aladdin, 1994	(PS-K)
Roe, Eileen	**Con Mi Hermano/With My Brother** [English/Spanish]	ISBN 0-02-777373-6	Bradbury Press, 1991	(Ages 3-6)
Rylant, Cynthia	**Birthday Presents**	ISBN 0-531- 08305-5	Orchard Books, 1987	(PS-K)
Scott, Ann Herbert	**On Mother's Lap**, Rev. ed.	ISBN 0-395- 58920-7	Clarion Books, 1992	(Ages 2-4)
Seuss, Dr.	**Green Eggs and Ham**	ISBN 0-394- 90016-2	Random House, 1960	(PS-2)
Showers, Paul	**What Happens to a Hamburger** Rev. ed.	ISBN 0-690-04427-5	HarperCollins, 1985	(PS-2)
Shyer, Marlene F.	**Here I Am, an Only Child**	ISBN 0-684- 18296-3	Scribner's, 1985	(PS-K)
Stanek, Muriel	**I Speak English for My Mom**	ISBN 0- 8075-3659-8	Albert Whitman, 1989	(PS-4)
Stewig, John	**Stone Soup**	ISBN 0-8234-0863-9	Holiday, 1991	(PS-3)
Sun, Chyng Feng	**Mama Bear**	ISBN 0-395-63412-1	Houghton Mifflin, 1994	(Ages 4-8)
Super, Gretchen	**What Is a Family?**	ISBN 0-941477-63-0	Twenty-First Century Books, 1991	(PS-3)
	What Kind of Family Do You Have?	ISBN 0-941477-64-9	Twenty-First Century Books, 1991	(PS-3)
Watanabe, Shigeo	**Daddy, Play with Me!**	ISBN 0-399-21211-6	Philomel, 1985	(PS)
Wild, Margaret	**Our Granny**	ISBN 0-395-67023-3	Ticknor & Fields, 1994	(Ages 2-4)
Williams, Vera B.	**More More More Said the Baby: 3 Love Stories**	ISBN 0-688-09174-1	Greenwillow Books, 1990	(PS+)
Wolff, Barbara M.	**Mi Abuelito y Yo** [Spanish]	ISBN 1- 879567-12-1	Wonder Well Publishers, 1992	(PS-1)
Yolen, Jane	**Owl Moon**	ISBN 0-399-21457-7 Caldecott Award	Philomel, 1987	(PS-1)

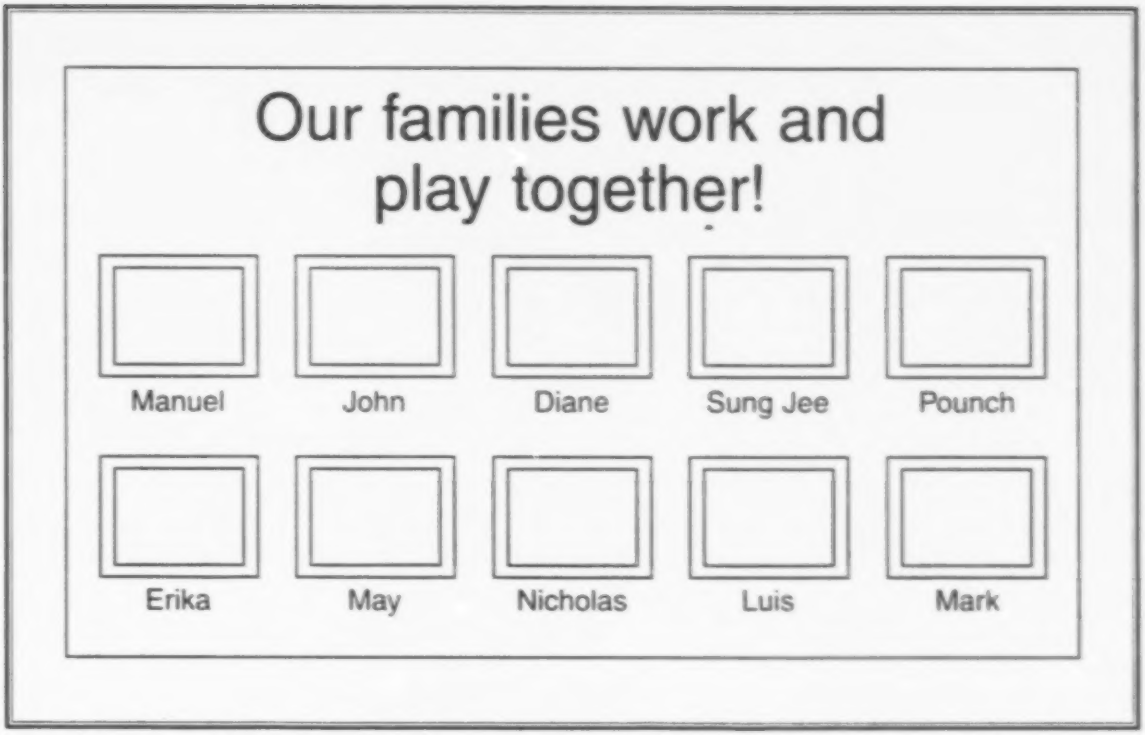


Match the vegetable to its shape

The purpose of this interactive bulletin board is to help children become aware of a variety of vegetables and their shapes, as well as recognize the importance of the printed word. Children match the colorful vegetable shapes to their black shadow shapes on the bulletin board.

To create the bulletin board:

1. Cut vegetables out of colored tagboard.
2. Add details to the vegetables with permanent colored markers.
3. Trace and cut a duplicate set of shapes out of black construction paper.
4. Cover the bulletin board with light blue or bright yellow construction paper.
5. Trace and cut large alphabet letters from black construction paper for the title.
6. Staple the title and black construction paper vegetable shapes in place on the board.
7. Print labels for the vegetable shapes and attach beneath the black shapes.
8. Laminate the colored tagboard vegetable shapes or cover with transparent contact paper.
9. Attach adhesive magnet pieces to the top of the black vegetable shapes for the children to hang the colored vegetable shapes on the corresponding black shapes.



Our families work and play together

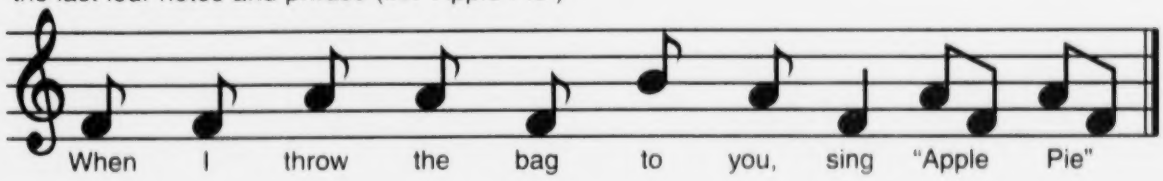
The purpose of this bulletin board is to demonstrate families working and playing together.

To create the bulletin board:

1. Cover the bulletin board with a background paper that complements the colors of your classroom.
2. Trace and cut alphabet letters for the title from a contrasting color of construction paper.
3. Cut "frames" for photographs and labels for the children's names from construction paper.
4. Staple the title, frames, and name labels to the bulletin board.
5. Attach family photographs that the children have brought from home.
6. Discuss at circle time.

1) Final Match

Directions: This is an echo-response game. The teacher or leader tosses a beanbag to the child as he/she sings; the child responds by echoing the last four notes and phrase (i.e. "Apple Pie")



Use variations such as:

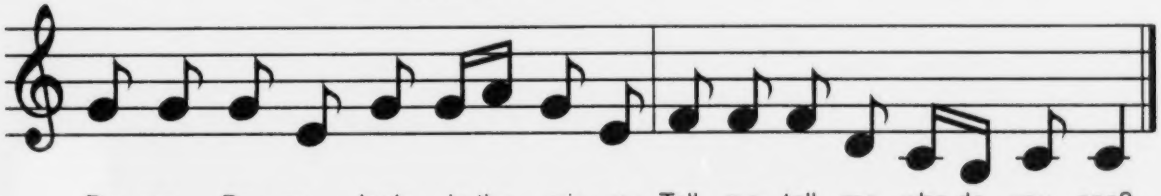
Crunchy Cheerios®	Strawberry Yogurt
Cherry Pie	Blueberry Muffins
Banana Bread	Walnut Brownies
Pepperoni Pizza	Gingerbread Houses
Angel Food Cake	Spaghetti & Meatballs

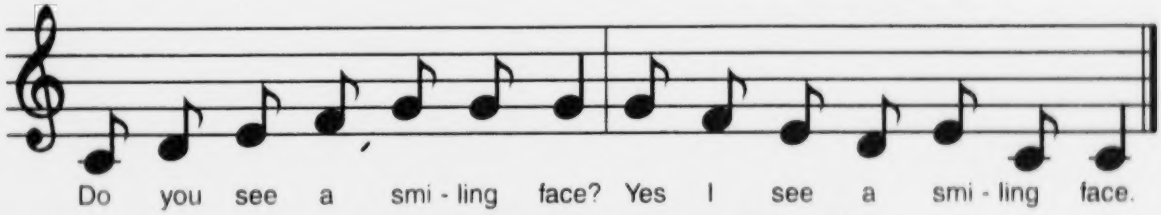
2) Mirror Song

Robbie, Robbie, look in the mirror.
Tell me, tell me, who do you see?
(Child responds with his name.)

Do you see a smiling face?
(Child responds with: "Yes, I see a smiling face.")

Variations: Do you see:
Two shiny, bright eyes?
Two listening ears?
Some freckles on your nose?
Some clean, shiny hair?
A pretty smile?
Clean, shiny teeth?
A happy face?





Adapted from "To Move Is To Be," Kimbo Record.

3) Pickle Jar

Have the children sit in a circle formation. Repeat the rhythmic chant listed below and use an alternating leg-hand clap to emphasize the rhythm.

Someone took the pickle from the pickle jar.
Who took the pickle from the pickle jar?
(Child's name) took the pickle from the pickle jar?
Who me? (child)
Yes, you. (all children)
Couldn't be. (child)
Then who? (all children)
(Introduce another child's name) took the pickle from the pickle jar?

4) Which Fruit Is Missing?

Place five different fruits (plastic fruits or pictures of fruits) in the center of a circle. Ask the children to close their eyes. Remove a fruit. Then have the children open their eyes. Ask what piece of fruit is missing. Continue until all of the fruit pieces have been removed.

5) What Makes That Sound?

Using a cassette recorder, tape the following sounds:

can opener
garbage disposal
mixer
blender
popcorn popper
toaster
water running
dishwasher
vacuum cleaner
refrigerator door closing
ice cubes hitting glass
door bell
telephone ringing
car engine
toilet flushing
keys rattling

Play the tape back to the children and have them identify the origin of the sounds.

6) The Salad Song

Sing to the tune of "Skip to My Lou"

A juicy tomato, round and red
A juicy tomato, round and red
A juicy tomato, round and red
Let's mix it in our salad.

Crispy lettuce, green and leafy
Crispy lettuce, green and leafy
Crispy lettuce, green and leafy
Let's mix it in our salad.

A crunchy radish, red and white
A crunchy radish, red and white
A crunchy radish, red and white
Let's mix it in our salad.

Slippery slices of green cucumbers
Slippery slices of green cucumbers
Slippery slices of green cucumbers
Let's mix them in our salad.

Top it with some tangy dressing
Top it with some tangy dressing
Top it with some tangy dressing
Let's mix it in our salad.

7) Popcorn

Sing to the tune of "I'm a Little Teapot"

I'm a little kernel in a pot.
Heat me up and watch me pop.
When I get all puffy and white, I am done:
Popping corn is lots of fun!

8) Breakfast

Sing to the tune of "Mulberry Bush"

This is the way we make our breakfast,
make our breakfast, make our breakfast
This is the way we make our breakfast
so early in the morning.

This is the way we pour our juice,
pour our juice, pour our juice
This is the way we pour our juice
so early in the morning.

This is the way we toast our bread,
toast our bread, toast our bread
This is the way we toast our bread
so early in the morning.

This is the way we drink our milk,
drink our milk, drink our milk
This is the way we drink our milk
so early in the morning.

This is the way we eat our cereal,
eat our cereal, eat our cereal
This is the way we eat our cereal
so early in the morning.

Cooking Activities

Some of the following recipes involve using a blender. If a blender is unavailable, children may be instructed to use a mixer instead.

Listed below are cooking vocabulary and recipes to do with your children in your classroom. While you are preparing these recipes with the children, try to integrate the cooking vocabulary words (listed below). These recipes require adult supervision and each recipe can be illustrated on a simple recipe card which is easy for children to interpret and understand.

Cooking Vocabulary

The following vocabulary words can be introduced through cooking experiences:

add
bake
blend
boil
bread
break
broil
brown
brush
chop
clean
close
cold
cool
core
cream
cube
cut
dice
dip
drain
dry
fill
freeze
frost
fry
glaze
grate
grease
grill
grind
heat
hot
ice
knead
layer
mash
measure
microwave
mold
oil
open
peel
pour
press
rinse
rise
roast
roll
scrape
scrub
section
separate
set
shake
shred
sift
slice
sort
spoon
spread
sprinkle
squeeze
stir
stir-fry
strain
stuff
tear
thaw
toast
wash
whip
wipe

Drinks

FRUIT JUICE BLEND

2 cups Yoplait® Fat Free plain or vanilla yogurt
1 can (6 ounces) frozen fruit juice concentrate (any flavor), thawed
1 cup cut up fresh or frozen fruit (thawed)

Place all ingredients in a blender. Cover and blend on medium-high speed about 30 seconds or until smooth. 4 servings.

PEACHY CREAM SHAKE

1 carton (6 ounces) Yoplait® Original peach yogurt
1/2 cup drained canned sliced peaches
1/2 teaspoon vanilla
Dash of ground cinnamon

Place all ingredients in a blender. Cover and blend on medium-high speed about 10 seconds or until smooth. 1 serving.

Snacks

PEANUT BUTTER-RAISIN BALLS

1/2 cup sugar
1/2 cup light corn syrup
1/2 cup creamy peanut butter
1 teaspoon vanilla
4 cups Kix® cereal
1/2 cup raisins
1/2 cup chopped peanuts, if desired

Heat sugar and corn syrup in 3-quart saucepan over medium heat until sugar is dissolved. Heat to boiling; boil 30 seconds. Remove from heat; stir in peanut butter and vanilla until smooth. Quickly fold in cereal, 2 cups at a time; fold in raisins and peanuts. Shape mixture into 1-inch balls with buttered hands. About 3 dozen balls.

CINNAMON CRUNCHIES

1 egg white
2 teaspoons ground cinnamon
1/4 teaspoon salt
1/3 cup packed brown sugar
3 cups Kix® or Cheerios® cereal

Heat oven to 325°. Grease cookie sheet. Beat egg white in large bowl on high speed until foamy. Beat in cinnamon and salt. Gradually beat in brown sugar on medium speed until thick and glossy. Fold in cereal until completely coated. Spread as thinly as possible on cookie sheet. Bake 12 to 15 minutes or until set. Immediately remove from cookie sheet using spatula. Cool; break into pieces. Store in air-tight container. 3 cups snack.

SUGAR 'N SPICE SNACK

1 package (6 ounces) Crisp Baked Bugles® original flavor snacks
1 can (12 ounces) mixed nuts or peanuts (optional)
2 egg whites
2 tablespoons orange juice or water
1-1/3 cups sugar
2 teaspoons ground cinnamon

Heat oven to 275°. Grease jelly roll pan, 15-1/2" x 10"+1/2" x 1", with shortening. Mix snacks and nuts in large bowl. Beat egg whites, orange juice, sugar, and cinnamon in small bowl, using wire whisk or hand beater, until foamy. Pour over snack mixture and stir until evenly coated. Spread in pan. Bake 45 to 50 minutes, stirring every 15 minutes, until light brown and crisp.
Cool; store in airtight container. 10 cups snack.

DRIED FRUIT 'N HONEY SNACK

1/3 cup honey
1/4 cup packed brown sugar
5 cups Oatmeal Crisp™ with Raisin cereal
1 package (6 ounces) mixed dried fruit bits*

Heat oven to 350°. Brush jelly roll pan, 15-1/2" x 10-1/2" x 1", with margarine. Heat honey and brown sugar to boiling in 3-quart saucepan over medium heat, stirring constantly; remove from heat. Stir in cereal until completely coated. Spread in pan. Bake 8 minutes, stirring twice. Stir in fruit bits. Bake 5 minutes longer. Cool 5 minutes; loosen mixture with metal spatula. Let stand about 1 hour or until firm. Store in airtight container. About 6 cups snack.

*1-1/2 cups chopped dried peaches can be substituted for the dried fruit bits.

MARSHMALLOW CRUNCH BARS

1/4 cup margarine or butter
3 cups miniature marshmallows
1/2 teaspoon ground cinnamon
4 cups Multi-Grain Cheerios®, Cheerios® or Kix® cereal
1/2 cup raisins

Butter square pan, 9x9x2 inches. Heat margarine and marshmallows in 3-quart saucepan over low heat, stirring constantly, until marshmallows are melted. Remove from heat; stir in cinnamon. Fold in cereal and raisins until evenly coated. Pat evenly in pan with buttered back of spoon. Cool; cut into about 2x1-1/2-inch bars. 24 bars.

Snacks

STICKS AND STONES SNACK

4 cups Multi-Grain Cheerios®, Cheerios®, or Kix® cereal
2 cups pretzel sticks
2 tablespoons margarine or butter, melted
2 teaspoons Worcestershire sauce
1 cup raisins

Heat oven to 300°. Mix cereal and pretzel sticks in ungreased rectangular pan, 13x9x2 inches. Stir margarine and Worcestershire sauce in small bowl. Pour over cereal mixture, tossing until evenly coated. Bake uncovered 25 minutes, stirring occasionally. Stir in raisins; cool. Store in airtight container. About 7 cups snack.

BEANITO BURRITOS

1 cup finely chopped onion (about 1 large)
1 cup finely chopped green bell pepper (about 1 medium)
1 teaspoon vegetable oil
1 cup refried beans
2 teaspoons salt-free herb seasoning
4 flour tortillas (9 inches in diameter)
1/2 cup shredded part-skim mozzarella cheese (2 ounces)
1 cup Yoplait® Fat Free plain yogurt
1-1/4 cups alfalfa sprouts
2/3 cup finely chopped tomato

Heat oven to 350°. Cook onion and bell pepper in oil over medium heat about 5 minutes, stirring frequently, until tender; drain. Mix beans and seasoning.

Spread each tortilla with one-fourth of the bean mixture, onion, bell pepper and cheese, 2 tablespoons yogurt and 1/4 cup sprouts. Roll up tortillas; secure with toothpicks. Place in ungreased rectangular pan, 13x9x2 inches. Bake 12 to 15 minutes or until heated through and cheese is melted. Top with remaining yogurt, sprouts and the tomato. 4 servings.

WARM TURKEY SANDWICHES

4 large round slices whole-grain bread or 8 slices sandwich bread
1 carton (6 ounces) Yoplait® Original plain yogurt
1 cup cubed cooked turkey
1 cup shredded Cheddar cheese (4 ounces)
2 tablespoons finely chopped green bell pepper
2 tablespoons finely chopped pimiento-stuffed olives
2 tablespoons finely chopped onion
2 tablespoons finely chopped sweet pickle
3 hard-cooked eggs, chopped
4 to 8 slices tomato
1/2 cup alfalfa sprouts

Heat oven to 400°. Place bread on ungreased cookie sheet. Mix yogurt, turkey, cheese, bell pepper, olives, onion, pickle, and eggs; spoon onto bread. Bake 12 to 15 minutes or until warm. Top with tomato and sprouts; serve immediately. 4 servings.

VEGETABLE PATCH PITA SANDWICHES

3 cups bite-size cut-up fresh vegetables
Choose at least two of the following vegetables:
cauliflower
broccoli
carrots
green bell pepper
green onion
tomatoes
zucchini

1/2 cup mayonnaise or salad dressing
1 teaspoon prepared mustard
4 six-inch pita breads

Mix all ingredients except bread in a medium bowl. Slice pita breads in half. Spoon about 1/3 cup of the vegetable mixture into each pita bread pocket. 8 pita bread pockets.

BANANA BREAD

1-1/4 cups sugar
1/4 cup margarine or butter, softened
3 egg whites
1-1/4 cups mashed ripe bananas (3 to 4 medium)
3/4 cup Yoplait® Fat Free plain or vanilla yogurt
1 teaspoon vanilla
2-3/4 cups Gold Medal® all-purpose flour
1-1/4 teaspoons baking soda
1 teaspoon salt
1 teaspoon ground cinnamon
3/4 cup chopped pecans or walnuts

Place oven rack in lowest position. Heat oven to 350°. Grease bottoms only of 2 loaf pans, 8-1/2x4-1/2x2-1/2 inches, or 1 loaf pan, 9x5x3 inches. Mix sugar and margarine with spoon in large bowl. Stir in egg whites until well blended. Add bananas, yogurt, and vanilla. Beat until smooth. Stir in remaining ingredients, except pecans, just until moistened. Stir in pecans.
Pour into pans.

Bake 8-inch loaves about 1 hour, 9-inch loaf about 1-1/4 hours or until toothpick inserted in center comes out clean. Cool 5 minutes. Loosen sides of loaves from pans; remove from pans. Cool completely before slicing.1 or 2 loaves.

OATMEAL PANCAKES WITH YOGURT TOPPINGS

1 egg or 2 egg whites
1 cup Yoplait® Fat Free Plain Yogurt
3/4 quick-cooking oats or old-fashioned oats
1/2 cup Gold Medal® all-purpose flour
1 tablespoon sugar
2 tablespoons vegetable oil
1 teaspoon baking powder
1/2 teaspoon baking soda
Fruit Preserves-Yogurt Topping, Cinnamon-Yogurt Topping or Maple-Yogurt Topping (see below)

Beat egg in large bowl with hand beater until foamy; stir in remaining ingredients except topping. Grease heated griddle if necessary. (To test griddle, sprinkle with a few drops water. If bubbles skitter around and quickly evaporate, heat is just right.) For each pancake, pour about 3 tablespoons batter from tip of large spoon or from pitcher onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown. Serve with one of the toppings. Refrigerate any remaining topping. About 11 pancakes.

Yogurt Toppings

FRUIT PRESERVES-YOGURT TOPPING
Mix 1 cup Yoplait® Fat Free Plain Yogurt and 1/2 cup fruit preserves.

CINNAMON-YOGURT TOPPING
Mix 1 cup Yoplait® Fat Free Plain Yogurt, 1 tablespoon packed brown sugar or honey and 1/2 teaspoon ground cinnamon until smooth.

MAPLE-YOGURT TOPPING
Mix 1 cup Yoplait® Fat Free Plain Yogurt and 1/4 cup maple-flavored syrup or 2 tablespoons packed brown sugar and 1/4 teaspoon maple extract until smooth.

SOFT PUMPKIN FACES

1 cup Gold Medal® all-purpose flour
1/2 cup packed dark brown sugar
1/2 cup canned pumpkin
1 teaspoon ground cinnamon
1/2 teaspoon baking powder
1/4 teaspoon salt
2 tablespoons vegetable oil
1 teaspoon vanilla
1 egg

Place 1 microwavable paper towel on dinner plate; set aside. Mix all ingredients. Make 3 cookies at a time. Drop dough by 1/4 cupfuls in a circle on paper towel-lined plate. Flatten dough slightly and smooth it to make a 3-inch circle. Gently press candies and nuts into dough to make fun faces and designs (candy corn, ring-shaped hard candies, peanuts, cashews, etc.). Microwave uncovered on High (100%) 1 minute. Rotate the plate 1/2 turn. Microwave uncovered 1 to 2 minutes longer, checking every 30 seconds, until cookies are puffed and dry. Slide paper towel with cookies onto cooling rack. Cool 5 minutes. Carefully remove cookies from paper towel and place on cooling rack. Repeat with new paper towel and remaining cookie dough.
HINT: Microwaving the soft cookies on a paper towel helps keep the bottoms dry, and cooling on a rack helps keep them dry as well. 8 cookies.

Salad

BUNNY SALAD

1 lettuce leaf
1 pear half (canned)
4 sliced almonds
2 raisins
1 red cinnamon candy
2 tablespoons cottage cheese

Place lettuce leaf on salad plate. Place pear half, cut side down, on lettuce leaf. Arrange on narrow end of pear half to form bunny face: 2 almonds and raisins for eyes, cinnamon candy for nose and 2 almonds for ears. Place cottage cheese at opposite end of pear half. 1 salad.

Dip

QUICK DIP
Stir 2 cups Yoplait® Fat Free plain yogurt into one of the following:

1 envelope onion soup mix
1 envelope (.4 ounce) buttermilk salad dressing mix

Refrigerate 1 hour. Serve with raw vegetables for dipping. About 2 cups dip.

Desserts

EASY FRUIT DESSERT

1 medium banana, mashed (about 1/3 cup)
1 tablespoon frozen (thawed) orange juice concentrate
1 cup Yoplait® Fat Free plain or Fat Free vanilla yogurt
1/8 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1 medium peach or nectarine, cut into 1-inch pieces

Mix all ingredients except peach. Cover and refrigerate at least 1 hour. Serve over peach. Refrigerate any remaining dressing. 1-1/2 cups dressing.
* If using plain yogurt, add 1 tablespoon honey.

RASPBERRY-ORANGE POPS

1 can (6 ounces) frozen orange juice concentrate
1 can (12 ounces) evaporated skimmed milk
3 cartons (6 ounces each) Yoplait® Original raspberry yogurt
1 tablespoon honey
15 paper cups (3-ounce size)
15 wooden sticks

Place orange juice concentrate, milk, yogurt, and honey in blender. Cover and blend on medium-high speed 5 to 10 seconds. Divide among paper cups. Freeze 30 minutes; insert wooden sticks in centers of cups. Freeze at least 8 hours until firm. Remove paper cups to serve. 15 pops.

Drama and Movement Activities

1. Put Yourself Inside a Cereal Box

(ketchup bottle, cake pan, etc.)

- You're outside - now get into it!
  You're inside of it - now get out of it!
  You're underneath it!
  You're on top of it!
  You're beside or next to it!

2. Birthday Present Pantomime

You're going to get a birthday present! Show the shape of the box: How big is the box? How heavy is the box? Feel it; hold it. Unwrap it and take it out!

Dramatic Play

Theme & Accessories

16

Cleaning House

Dusting cloths, dusting pan, broom, pail, scrub brush, mops, and sponges

Doll Bath

Dolls, brush, comb, wash cloths, sponges, towels, and pan of soapy water

Picnic

Picnic basket, table cloth, cups, plates, eating utensils, paper napkins, and blanket

Dress Up

Purses, ties, hats, jewelry, shoes, and dress clothes

Grocery Shopping

Cash register, clean or sanitized empty food containers such as cans, boxes, bags, plastic bottles, and cartons

Wedding

Plastic flowers, veils, dresses, shoes, ties, coats, vests, hats, jewelry, wrapped gift boxes, taped classical music, and camera

Restaurant/Cafe

Table, table cloth, silverware, napkins, cups, saucer, centerpieces, menu, cash register, server pad, and pencil

Baker

Aprons, baker hats, rolling pins, cookie cutters, cookie pans, and playdough

Other Suggestions

Birthday Party	Juice Stand
Camping	Cookie Stand
Pizza Parlor	Tea Party
Yogurt Stand	Ice Cream Party
Bagel Shop	

Field Trips/Resource People

1. Grocery Store

Take a trip to the grocery store. Visit the produce, meat, and deli departments.

2. Farm

Visit a farm. Ask the farmer to show the children the animals, produce, or crops.

3. Bakery

Visit a bakery and ask the baker to demonstrate making bread, tortillas, bagels, lefse, pocket bread, flat bread, etc.

4. Orchard

Visit an orchard. Ask the manager to show the children how the fruits are grown and harvested.

5. Greenhouse

Visit a greenhouse. Ask the florist to show the children the different varieties of green plants, seedlings, flowers, bedding plants, and the watering system.

6. Nursing Home

Visit a nursing home. Have the children bake cookies to bring along and share. Think about adopting a grandparent for the center.

7. Child's Home

Visit a child's home. Have the child show the other children the house and tell about his/her family.

8. Related Businesses

Visit other food-related businesses such as:

- Ethnic Food Store
- Cheese Factory
- Family Garden
- Hydroponics Farm
- Fish Farm
- Hatchery
- Poultry Farm
- Fish Market

Fingerplays

1. Lickety Lick!

Lickety lick! Lickety Lick!
(Form large circle with arm as bowl; use other arm as spoon to stir.)
The batter is getting all
Thickety-thick!
What shall we make?
(arms spread out)
What shall we bake?
(arms spread out more)
A great big delicious angel food cake!

2. Two Little Apples

Way up high in an apple tree.
(Extend arms above head.)
Two little apples smiled at me.
(Look up at two clutched fists.)
I shook that tree as hard as I could.
(Shake arms while continually looking up.)
Down came the apples.
(Bring arms down to body trunk)
Mmmmm, were they good!
(Make circular motions over stomach and smile.)

This traditional fingerplay can be adapted for lemons, oranges, grapefruit, limes, or mangoes.

3. I Love My Family

Some families are large.
(Spread arms open wide)
Some families are small.
(Bring arms to center of body)
But I love my family
(Cross arms over chest)
Best of all!

Adapted from Finger Frolics: Fingerplays for Young Children. Cromwell, Fattel and Hibner. (Michigan: Partner Press, 1983).

4. My Chores

In my home, I wash the dishes,
(washing motions)
vacuum the floor,
(pushing motions)
and dust the furniture.
(dusting motions)
Outside my home, I rake the leaves,
(raking motions)
plant the flowers,
(planting motions)
and play hard all day.
(wipe sweat from forehead)
When the day is over,
I eat my supper,
(eating motions)
listen to a story,
(listening expression)
and go to sleep.
(place head on hands)

Adapted from Creative Resources for the Early Childhood Program. Herr and Libby. (New York: Delmar Publishers, 1995).

Math Activities

1. Picture and Symbol Graphs

Create picture and symbol graphs with the children and discuss: (See section on Teacher-Made Materials for an example.)

- Birthdays
- What is your favorite bread, fruit, vegetable, or dairy product?
- What is your favorite juice?
- Which color of apple do you like best?
- How much has our plant (bean, sweet potato, sprouts, etc.) grown?
- Family pets

2. Recipe Charts

Use recipe charts with symbols, pictures, and numbers to accompany cooking experiences. (See section on Teacher-Made Materials for an example.)

3. Sectioning Fruit

Section oranges or tangerines for snack. Count sections, discuss whole and parts of whole.

4. Dairy Produce Sort

Collect and clean empty butter, margarine, cottage cheese, yogurt, milk, margarine, cottage cheese, sour cream, and cheese containers. Place the containers in a large paper bag or basket. Encourage the children to sort the containers by product, color, shape, and size.

5. Fruit Line-Up

Place a variety of fruits on a table. Citrus fruits work well for this because they do not bruise easily. Engage children in arranging the fruits from smallest to largest (e.g., lime, lemon, tangerine, tangelo, orange, grapefruit).

6. Colored Corn Sort

After children have removed field corn and Indian corn from the cob at the sensory table, place a bowl of the mixed corn on a table with egg cartons cut in half. Encourage children to sort the mixed corn kernels by color: white, yellow, orange, red, brown, and black.

7. Make and Eat: Munchy Math!

Thaw frozen bread dough according to directions. After the children have washed their hands, encourage them to form the dough into geometric shapes (circle, triangle, square, etc.) and numerals. Bake according to the directions for rolls on the bread dough package; munch and discuss! Variations: Use a rolled cookie or biscuit dough.

8. Family Line-Up

Provide actual photographs or pictures of family members cut from magazines. Encourage children to line the pictures up from oldest to youngest or tallest to shortest, etc.

9. Egg Match

Using brightly colored plastic eggs, hobby paint, and a fine paint brush, paint a numeral on the top half of each egg. Paint the corresponding number of dots on the bottom half of each egg. When dry, place top and bottom of each egg together, and put into an egg carton. Provide child with a bowl of Cheerios®, Kix®, or grapes. Encourage child to place the correct number of Cheerios® into each egg. When completed correctly...eat and enjoy!

10. Sock Matching

Collect pairs of different colors, patterns, and sizes of socks. Place them in a box or laundry basket. Encourage the children to match and fold the socks. If desired, the children can sort by color, size, and patterns.

Science Activities

1. Sprout Gardens

Obtain seeds for sprouting from a grocery or natural foods store and soak overnight; radish, bean, and alfalfa seeds work well for sprout gardens. Drain well and place in large jar. Cover jar with several layers of cheesecloth. Secure cheesecloth with a rubber band. Rinse and drain sprouts several times each day in cool water. Eat sprouts and enjoy!

2. Beanstalk Window Gardens

Soak bean seeds overnight. (You can use a variety of bean seeds: lima, green, adzuki, pinto, navy, or sugar snap pea seeds.) Place a slightly damp paper towel inside a self-sealing transparent plastic bag. Place one or more seeds on the paper towel. Seal the bag and tape on the window. Encourage children to observe and compare the sprouting of their seeds, adding a few drops of water as needed. Allow children to plant their sprouted seeds and take them home.

3. Sweet Potato Vines

Obtain a sweet potato from a natural foods store or a farmers' market. (Please note: Sweet potatoes found in grocery stores are chemically treated to preserve them. As a result, they will not sprout.) Put several toothpicks into the thick end of the sweet potato. Place the potato in a jar of water with the narrow end down. Keep the jar in a dark, warm place, making certain that it is well- filled with water. Roots will begin to grow; after about 10 days, the stem will begin to grow. When this happens, place the jar in a sunny window. Leafy green foliage will soon appear. Variations: Onions and beets will also send out shoots and green leaves.

4. Tasting Parties

Place a festive tablecloth on a table and provide food cut into small pieces for children to taste. Discuss colors, smells, flavors, and textures of the foods. Suggestions of various types of tasting parties: Fruits, vegetables, cheeses, bagels, pickles, breads, yogurts, ice creams, crackers, juices, muffins, etc. This is a fun way for children to try new and unusual foods (e.g., pomegranates, persimmons, mangoes)!

5. One Food or Many?

Invite parents to help with this experience! With their assistance, select one food and prepare it in many different ways: fresh apple slices, dried apples, applesauce, apple cider, apple crisp. Discuss with the children other foods they eat at home that are prepared in many different ways (e.g., beef, roast beef, hamburger, beef jerky, etc.)

6. Growth Chart

Create a growth chart and attach a measuring tape to it. Measure each child several times throughout the year, marking each child's name on the chart. Your chart can be in the shape of an ear of corn; a giant turnip; a long, tall carrot; a frozen yogurt cone; a sweet potato vine; a giant pickle; or a loaf of French bread. You may wish to use a different color pen to record the height each time you measure (i.e. brown in the fall, green in the winter, purple in the spring). This will enable children to see how much they've grown!

7. Start With a Seed

Lemon, orange, tangerine, and grapefruit seeds are easily started and can be grown into beautiful plants. Select seeds from a ripe fruit; they need to be planted immediately so they will not dry out. Label small pots with each child's name. Let each child fill his/her pot two-thirds full with potting soil. Place two or three seeds in the pot and cover the seeds with about one-half inch of soil. Help each child place the pot into a plastic bag. Keep soil evenly moist and out of direct sunlight for several weeks. When seeds begin to sprout, remove the plants from the bags and put the seedlings in a sunny, warm window.

8. Tops Off

Both pineapple tops and carrot tops yield plants. Select a pineapple with fresh-looking green leaves. Cut the top off where it meets the fruit, leaving no fruit on the crown. Strip away two layers of leaves and place the crown in a narrow, water-filled jar so that the bottom of the crown is in water. After several weeks, roots will appear. When roots appear, the children may plant the pineapple top in soil, covering only one inch of the crown. This soil should be kept moist, and the plants should be kept in a sunny place.

9. Food Sorting Game

Provide lots of pictures or empty food containers. Encourage children to sort foods into the six food groups in the Food Pyramid, discussing how the foods help us to grow, stay healthy, and have energy for work and play.

10. Smelling Party

Thoroughly wash and dry several empty yogurt containers. Into each container, place a familiar food. Cover each container with aluminum foil: using a turkey lacer, put several holes in the aluminum foil. Children smell each container and identify the food by its smell. Oranges, onions, bananas, coffee, strawberries, ketchup, peas, and chocolate all work well for this activity.

Sensory Activities

1. Sensory Table

Suggestions for the sensory table:

rice	beans
popcorn	oats
sand	corn kernels
sunflower seeds	pebbles

Provide children with measuring cups, scoops, spoons, pitchers, strainers, funnels, etc.

2. Carve a Pumpkin

Carve a pumpkin or large squash. Discuss texture, shape, color, size, smell, and taste.

3. Create a Food Rainbow

Create a "food rainbow" by arranging a tray with fresh vegetables and fruits: eggplant, tomato, pumpkin, lemon, peas in pods, blue plums, bananas, strawberries, etc. Serve for snack.

4. Wonderful Watermelons

Examine a watermelon and identify the parts: skin, rind, meat, and seeds. Discuss the number of colors on the fruit.

5. Yeast Bread

Bake yeast bread. Make small loaves and serve at snack or lunch.

6. Magic Goop

Empty one box of cornstarch in the sensory table. Over the cornstarch, if desired, sprinkle a few drops of food color. Add 1/2 cup of water and encourage the children to mix with their hands. Add small amounts of additional water until desired consistency. The mixture will feel hard to the touch; however, when it is held in the palm of hand "magic" occurs and the mixture becomes soft.

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Ear of Corn Growth Chart

Use tagboard to create; add yarn as "silk"; attach measuring tape.

Our families like to eat these foods!	
name:	foods:
Suzi	
Verena	
Charlie	
Courtney	
Alicia	

Children glue pictures of foods that are family favorites onto the chart. Discuss similarities and differences in foods charted.

Our Favorite Crackers					
name:	▭	△	○	◇	⬭
Jesse		△			
Maria Luisa		△			
Robert			○		
Kathryn	▭				
David				◇	
Francisco					⬭
How many people like the same cracker?					

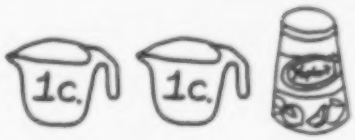
After a cracker tasting party, graph children's favorites. Tally, discuss, and compare results.

Frozen Strawberry Yogurt Growth Chart

Use pink and brown tagboard; attach measuring tape.

Fruit Juice Blend

1. Place these ingredients in a :



Yoplait® Fat Free plain or vanilla yogurt

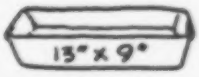
(6 oz.) any flavor, thawed

fresh or frozen fruit

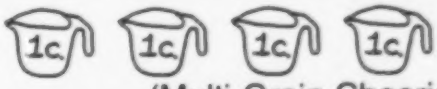
2. Blend until smooth

23

Sticks and Stones

1. Mix together in a 

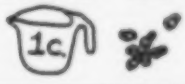
13"x 9" pan:



Cereal
(Multi-Grain Cheerios®, Cheerios®, Kix®)

pretzel sticks

2. Mix:
melted margarine
Worcestershire sauce

3. Pour over cereal; toss until coated.
4. Bake at 300° 25 min.
5. Stir in 

raisins.

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WOW!

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Cover collage contains a book, *Who's Who in My Family?*, published by Holiday House.
Please see recommended reading list for more information.

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